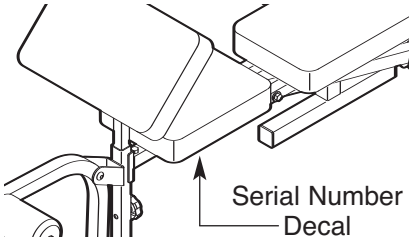
WEIDER® 235

Model No. WEEVBE0926.0
Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

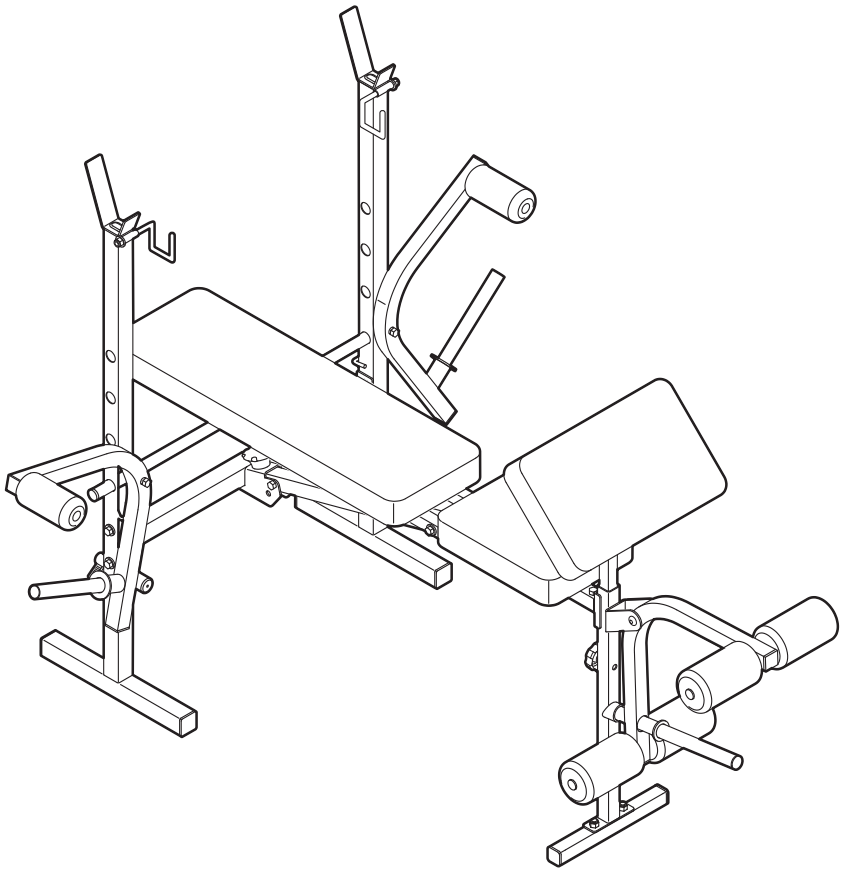
Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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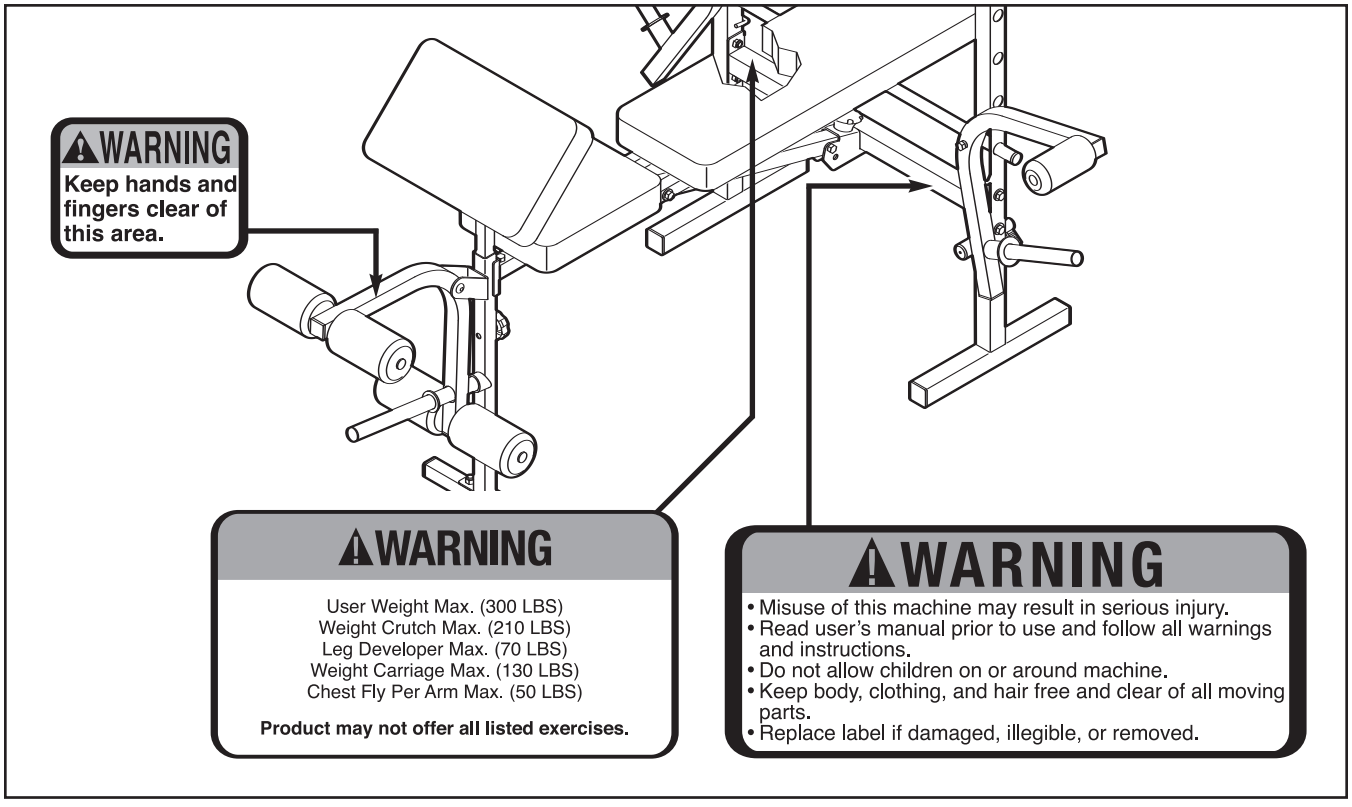
WARNING DECAL PLACEMENT

The warning decals shown below have been placed on the weight bench in the locations shown. If a decal is missing or illegible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.


WARNING
Keep hands and fingers clear of this area.
WARNING
User Weight Max. (300 LBS)
Weight Crutch Max. (210 LBS)
Leg Developer Max. (70 LBS)
Weight Carriage Max. (130 LBS)
Chest Fly Per Arm Max. (50 LBS)
Product may not offer all listed exercises.
WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Keep body, clothing, and hair free and clear of all moving parts.
• Replace label if damaged, illegible, or removed.

WEIDER is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. **Read all instructions in this manual and all warnings on the weight bench before using the weight bench. Use the weight bench only as described in this manual.**

2. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**

3. **The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental, or institutional setting.**

4. **Keep the weight bench indoors, away from moisture and dust. Place the weight bench on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight bench to mount, dismount, and use it.**

5. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**

6. **Keep children under the age of 12 and pets away from the weight bench at all times.**

7. **Keep hands and feet away from moving parts.**

8. **Always wear athletic shoes for foot protection while exercising.**

9. **The weight bench is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 510 lbs. (231 kg). Do not place more than 210 lbs. (95 kg), including a barbell and weights, on the weight rests. Do not place more than 70 lbs. (32 kg) on the leg lever. Do not place more than 50 lbs. (23 kg) on each fly arm. Note: The weight bench does not include a barbell or weights.**

10. **Always place equal amounts of weight on both ends of your barbell when using it.**

11. **Do not use a barbell that is longer than 5 ft. (1,5 m) with the weight bench.**

12. **When adding or removing weights, always keep some weight on both ends of the barbell and secure the barbell with the barbell hooks to prevent the barbell from tipping.**

13. **When using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.**

14. **When using the backrest in an inclined position or a level position, make sure that the support rod is inserted completely through the uprights and turned to the locked position.**

15. **If you feel pain or dizziness while exercising, stop immediately and cool down.**

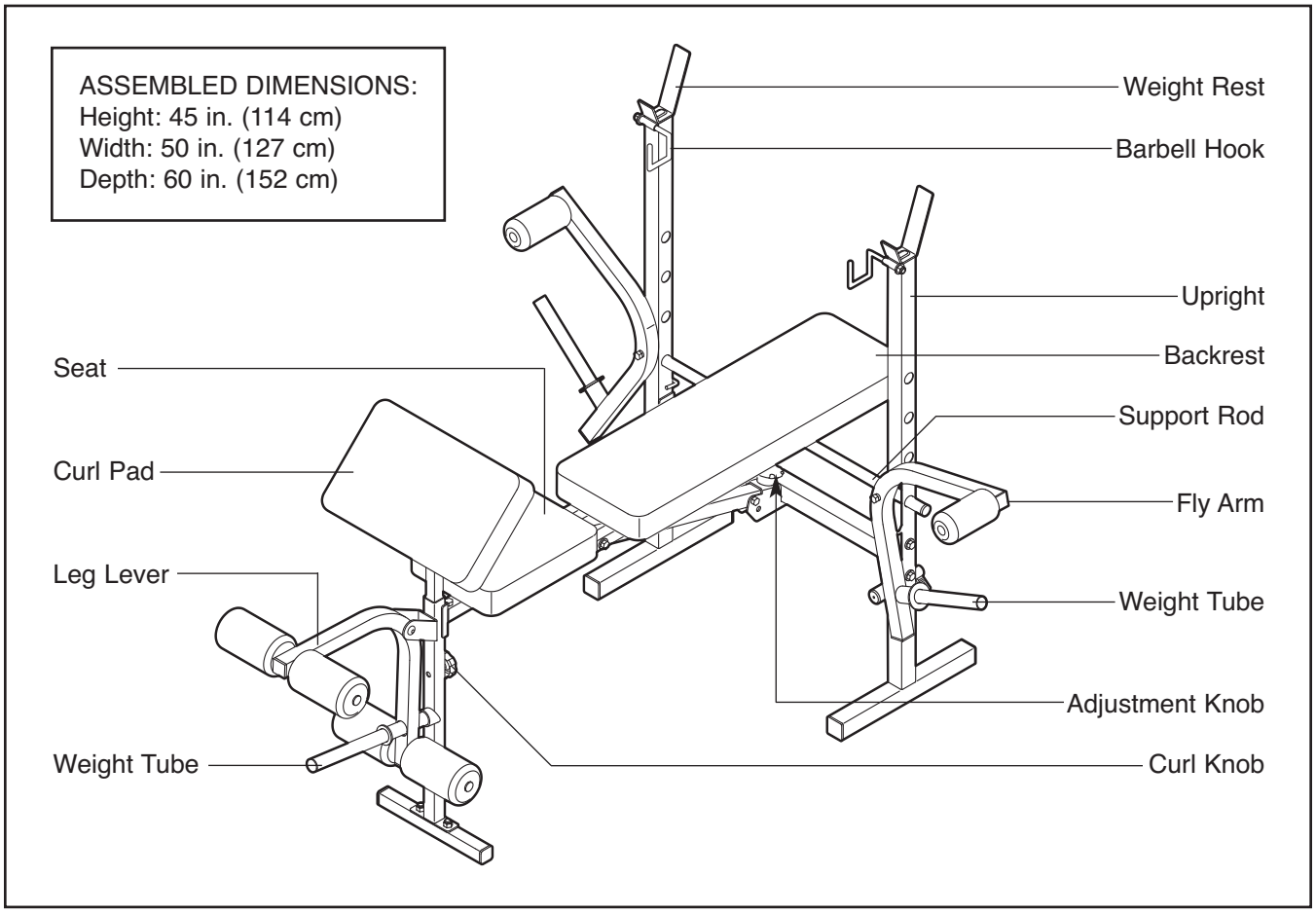
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the new WEIDER® 235 weight bench. The versatile WEIDER 235 weight bench is designed to be used with your own weight set (not included) to develop the major muscle groups of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER 235 weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is WEEVBE0926.0. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

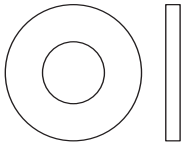
Before reading further, please look at the drawing below and familiarize yourself with the parts that are labelled.



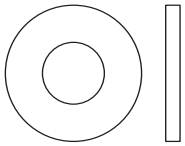
PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part from the PART LIST on page 14. **Important: Some parts may have been preassembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been preassembled.**

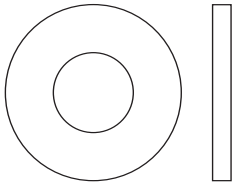
M6 Washer (20)



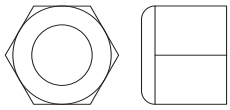
M8 Washer (12)



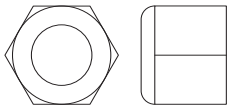
M8 Zinc
Washer (35)



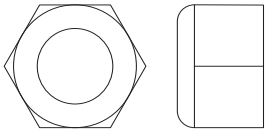
M10 Washer (26)



M8 Zinc Nylon
Locknut (36)



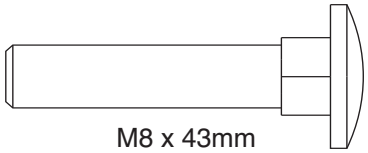
M8 Nylon
Locknut (13)



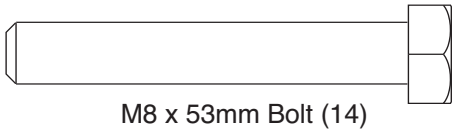
M10 Nylon
Locknut (25)

M6 x 16mm
Screw (21)

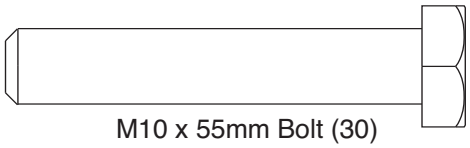
M6 x 38mm Screw (22)



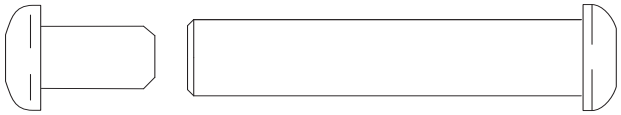
M8 x 43mm
Carriage Bolt (29)



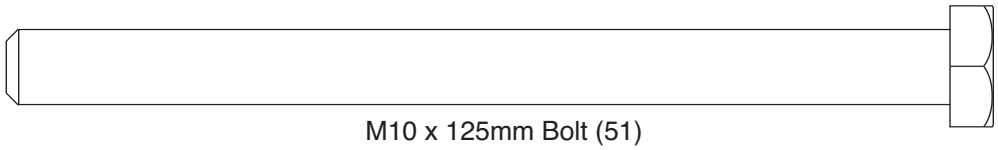
M8 x 53mm Bolt (14)



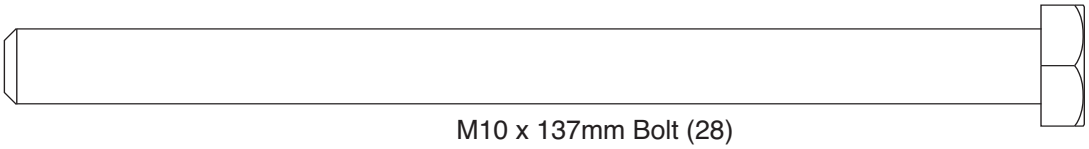
M10 x 55mm Bolt (30)



M10 x 52mm Bolt Set (24)



M10 x 125mm Bolt (51)



M10 x 137mm Bolt (28)

ASSEMBLY

Make Assembly Easier

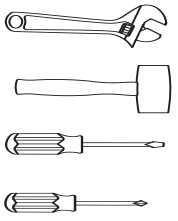
This manual is designed to ensure that the weight bench can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- **For help identifying small parts, see the PART IDENTIFICATION CHART on page 5.**
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, **make sure all parts are oriented as shown in the drawings.**
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included hex key and grease packets, the following tools (not included) may be required for assembly:

- **Two adjustable spanners**
- **One rubber mallet**
- **One standard screwdriver**
- **One Phillips screwdriver**



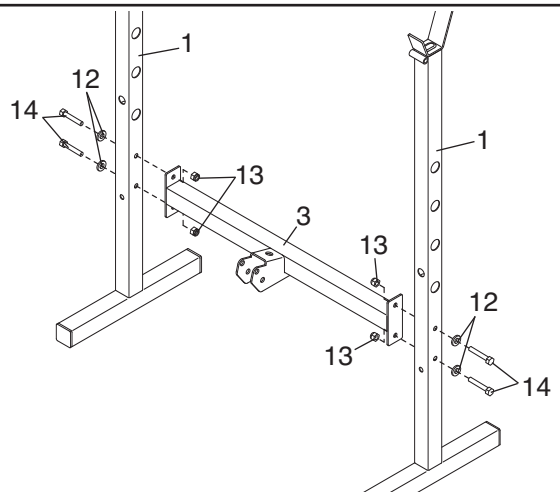
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

1. **Before assembling the weight bench, make sure that you have read and understand the information in the box above.**

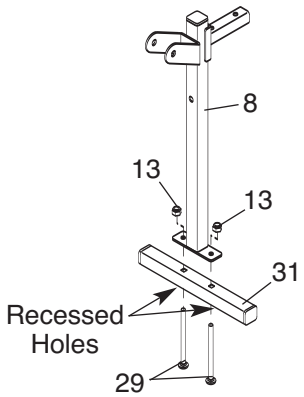
   Attach the Crossbar (3) to the two Uprights (1) with four M8 x 53mm Bolts (14), four M8 Washers (12), and four M8 Nylon Locknuts (13). **Do not tighten the Nylon Locknuts yet.**

2. Orient the Stabilizer (31) so the recessed holes are facing the floor. Attach the Stabilizer to the Front Leg (8) with two M8 x 43mm Carriage Bolts (29) and two M8 Nylon Locknuts (13). **Do not tighten the Nylon Locknuts yet.**

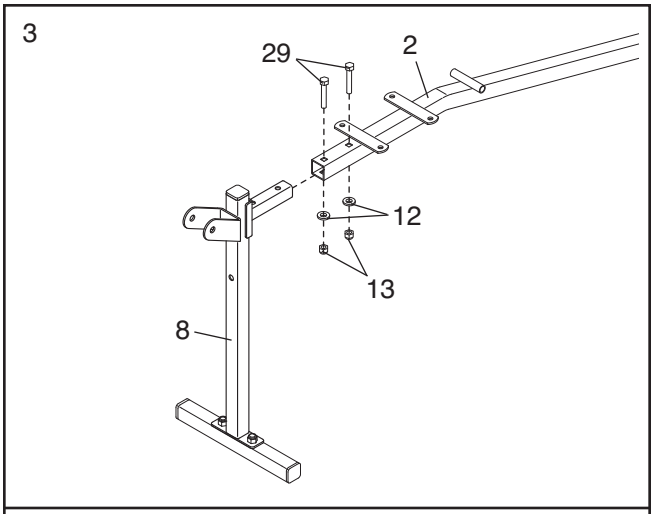
1



2

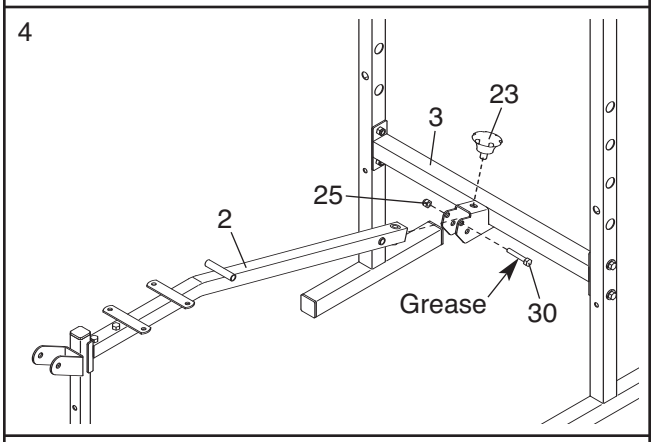


3. Attach the Front Leg (8) to the Frame (2) with two M8 x 43mm Carriage Bolts (29), two M8 Washers (12), and two M8 Nylon Locknuts (13). **Do not tighten the Nylon Locknuts yet.**

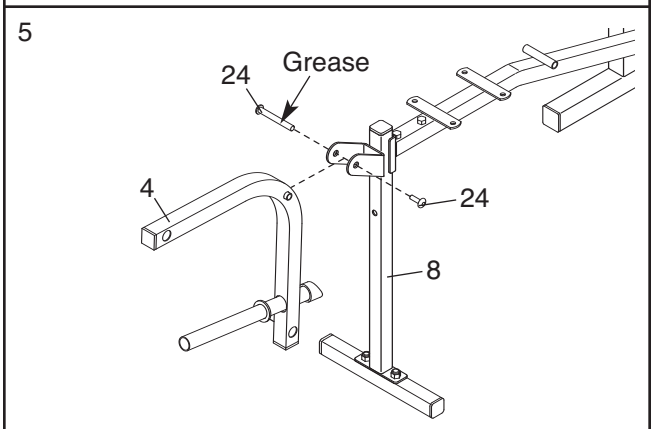


4. Apply some of the included grease to an M10 x 55mm Bolt (30). Attach the Frame (2) to the upper set of holes in the bracket on the Crossbar (3) with the Bolt and an M10 Nylon Locknut (25). **Do not overtighten the Nylon Locknut; the Frame must pivot easily.**

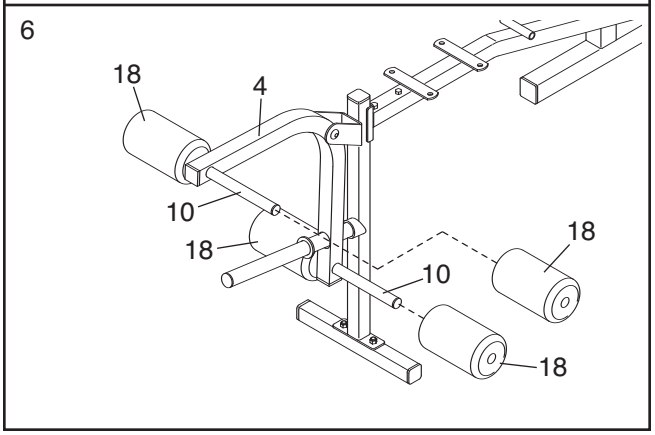
   Tighten the Adjustment Knob (23) into the bracket on the Crossbar (3) and the Frame (2).



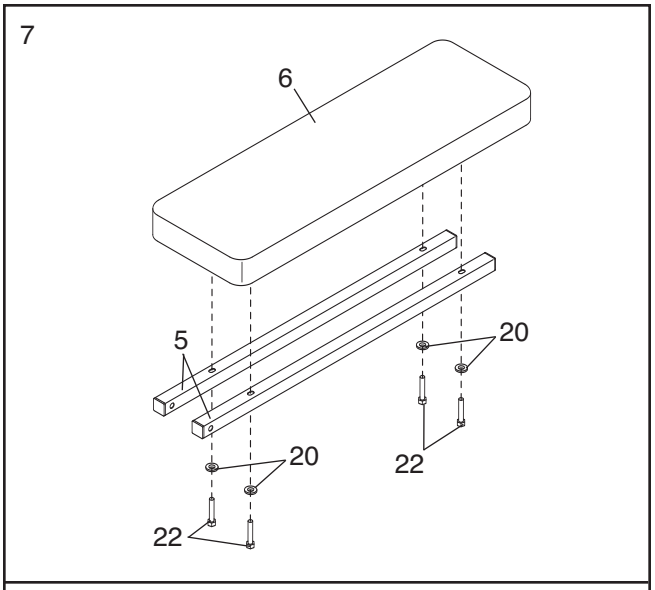
5. Apply grease to the barrel of an M10 x 52mm Bolt Set (24). Attach the Leg Lever (4) to the bracket on the Front Leg (8) with the Bolt Set. **Make sure that the barrel of the Bolt Set is inserted through both sides of the bracket on the Front Leg.**



6. Insert the two Long Pad Tubes (10) into the Leg Lever (4). Slide two Large Foam Pads (18) onto each Long Pad Tube.



7. Attach the two Backrest Tubes (5) to the Backrest (6) with four M6 x 38mm Screws (22) and four M6 Washers (20). **Do not tighten the Screws yet.**

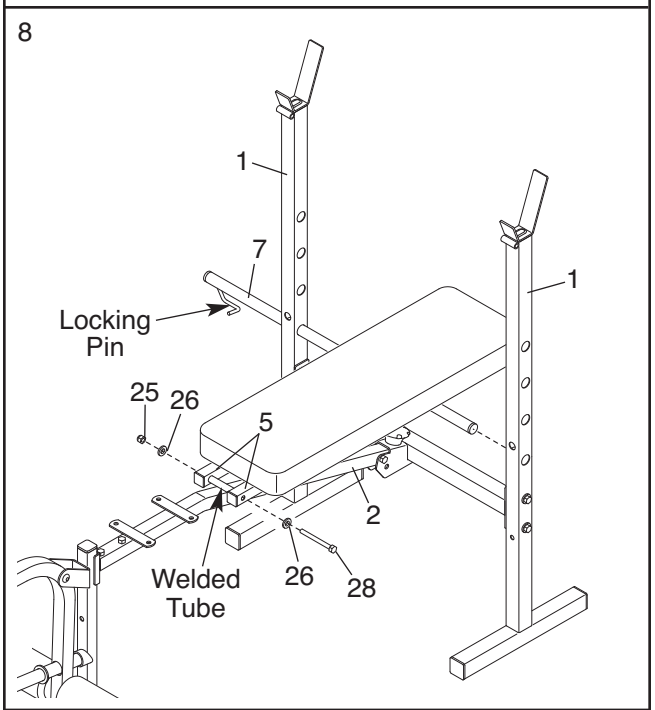


8. Insert the Support Rod (7) through a set of holes in the Uprights (1). **Make sure that the locking pin is on the side shown.** Rotate the Support Rod to the locked position, with the locking pin wrapped around the right Upright.

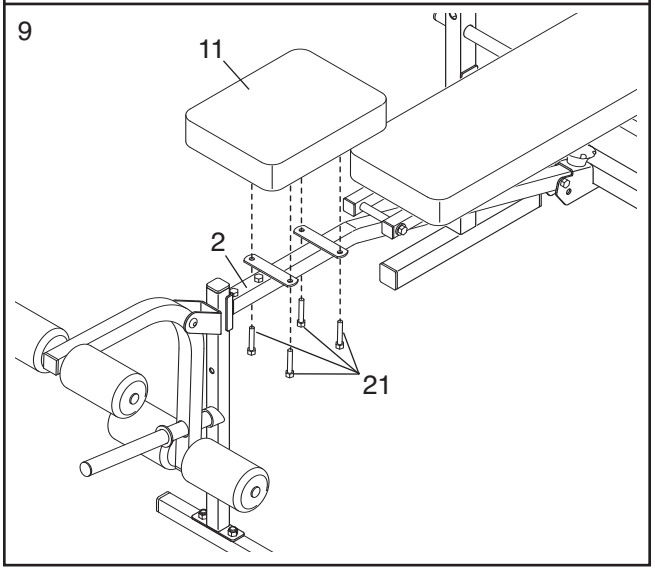
   Apply grease to an M10 x 137mm Bolt (28). Attach the Backrest Tubes (5) to the welded tube on the Frame (2) with the Bolt, two M10 Washers (26), and an M10 Nylon Locknut (25). **Do not overtighten the Nylon Locknut; the Backrest Tubes must pivot easily.**

   See steps 1–3. Tighten the M8 Nylon Locknuts (13) used in these steps.

   See step 7. Tighten the four M6 x 38mm Screws (22).

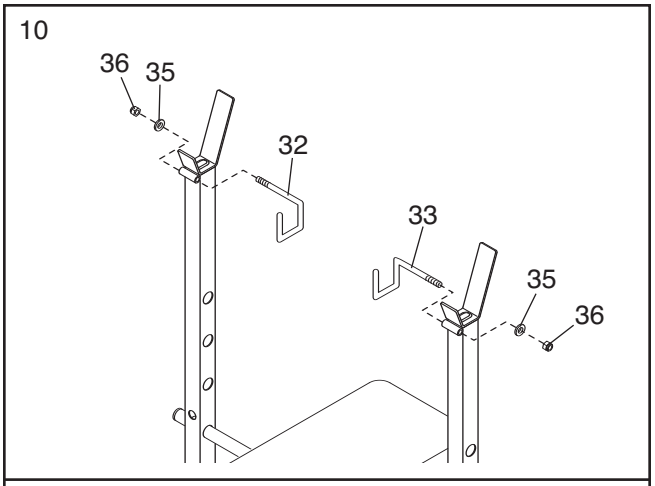


9. Attach the Seat (11) to the brackets on the Frame (2) with four M6 x 16mm Screws (21).



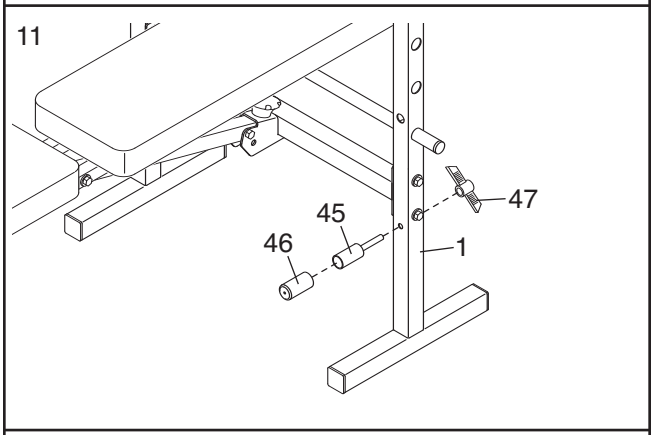
10. Attach the Right Barbell Hook (32) to the right Upright (1) with an M8 Zinc Washer (35) and an M8 Zinc Nylon Locknut (36). **Do not overtighten the Nylon Locknut; the Barbell Hook must pivot easily.**

    Attach the Left Barbell Hook (33) to the left Upright (1) with an M8 Zinc Washer (35) and an M8 Zinc Nylon Locknut (36). **Do not overtighten the Nylon Locknut; the Barbell Hook must pivot freely.**



11. Attach a Bumper (45) to the left Upright (1) with a Wing Knob (47). Press a Bumper Cover (46) onto the Bumper.

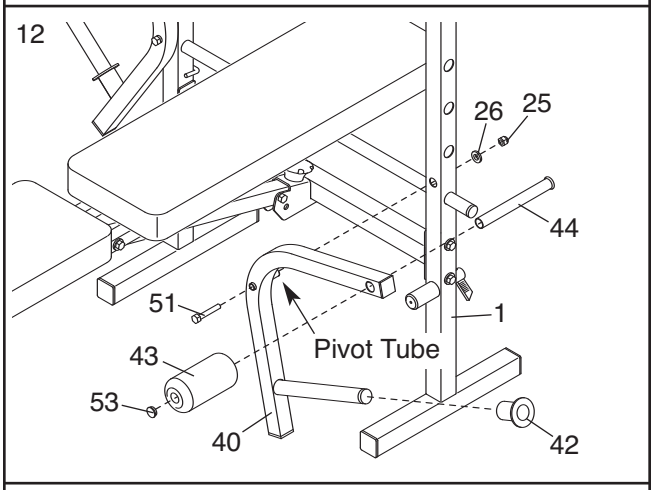
    Repeat this step for the other side of the weight bench.



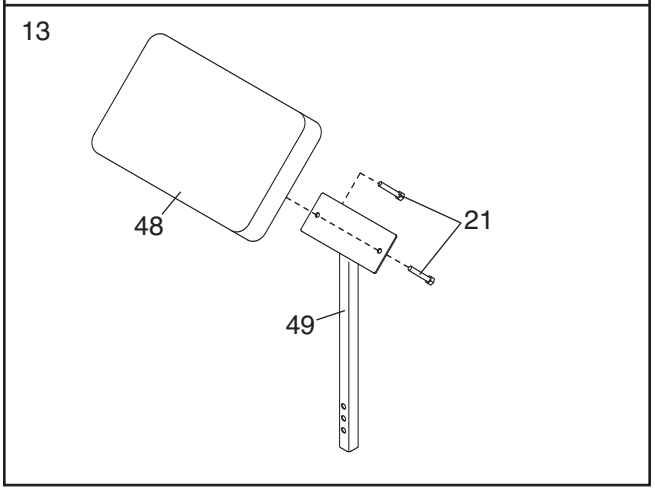
12. Identify the Left Fly Arm (40), which has a welded pivot tube on the indicated side. Attach the Left Fly Arm to the left Upright (1) with an M10 x 125mm Bolt (51), an M10 Washer (26), and an M10 Nylon Locknut (25).

    Insert a Short Pad Tube (44) into the Left Fly Arm (40). Slide a Small Foam Pad (43) onto the Short Pad Tube, and press a 19mm x 1mm Round Inner Cap (53) into the Short Pad Tube. Then, slide a Spacer (42) onto the Left Fly Arm.

    Repeat this step for the other side of the weight bench.



13. Attach the Curl Pad (48) to the Curl Post (49) with two M6 x 16mm Screws (21).



14. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS, starting on page 10.**

ADJUSTMENTS

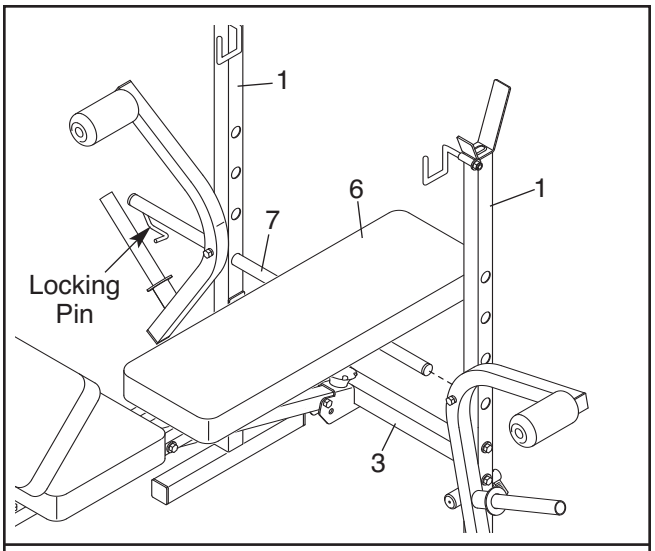
The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. Refer to the accompanying exercise guide to see the correct form for several exercises.

Make sure that all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (6) can be used in a declined position, a level position, or any of three inclined positions. To use the Backrest in a declined position, remove the Support Rod (7) and lay the Backrest on the Crossbar (3).

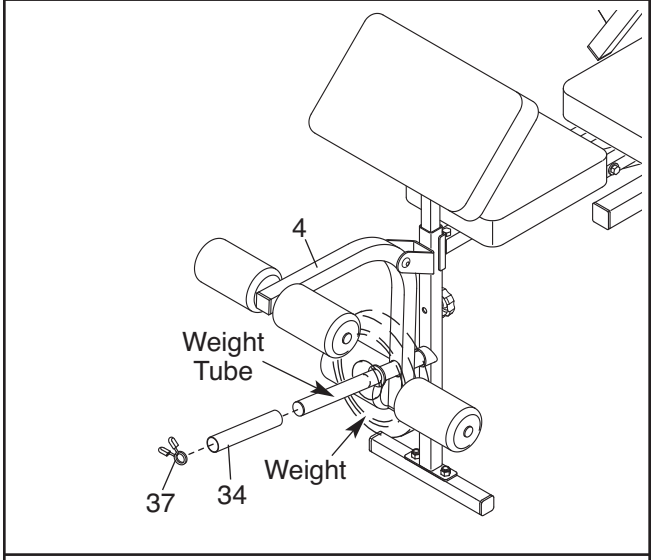
To use the Backrest (6) in a level position or an inclined position, insert the Support Rod (7) through a set of holes in the Uprights (1). Rotate the Support Rod to the locked position, so the locking pin is wrapped around the Upright. Then, rest the Backrest on the Support Rod.



USING THE LEG LEVER

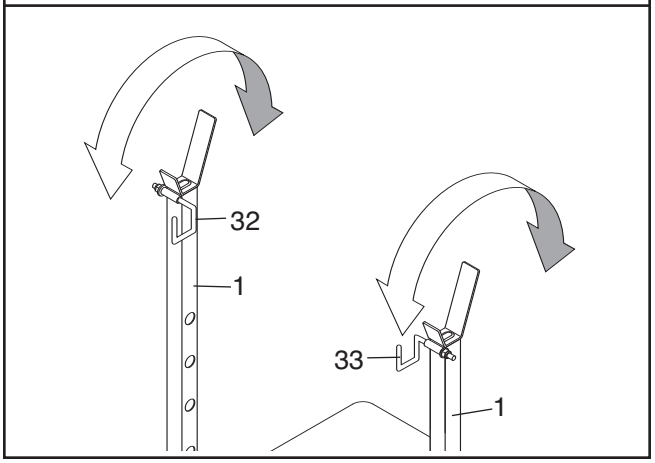
To use the Leg Lever (4), slide the desired weights onto the weight tube on the Leg Lever. If the weights have large center holes, slide the Weight Adapter (34) onto the weight tube. Always secure weights with the Weight Clip (37).

⚠ WARNING: Do not place more than 70 lbs. (32 kg) on the Leg Lever (4). When using the Leg Lever, place a barbell with the same amount of weight on the weight rests to balance the weight bench.



USING THE BARBELL HOOKS

To change weights while your barbell is on the Uprights (1), secure the barbell by rotating the Barbell Hooks (32, 33) over the barbell. This will reduce the possibility of the barbell tipping while you are changing weights.



USING THE CURL PAD

To use the Curl Pad (48), remove the 30mm x 2mm Square Inner Cap (39). Then, insert the Curl Post (49) into the Front Leg (8), and attach the Curl Post with the Curl Knob (52). **Make sure the Curl knob passes through one of the holes in the Curl Post. Note: when you are not using the Curl Pad, remove the Curl Post and reinsert the Square Inner Cap into the Front Leg.**

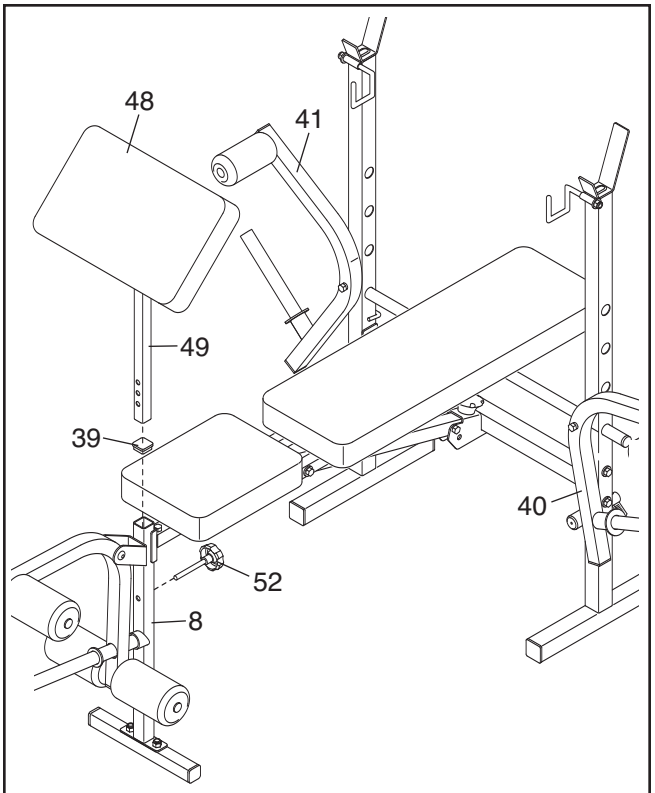
USING THE FLY ARMS

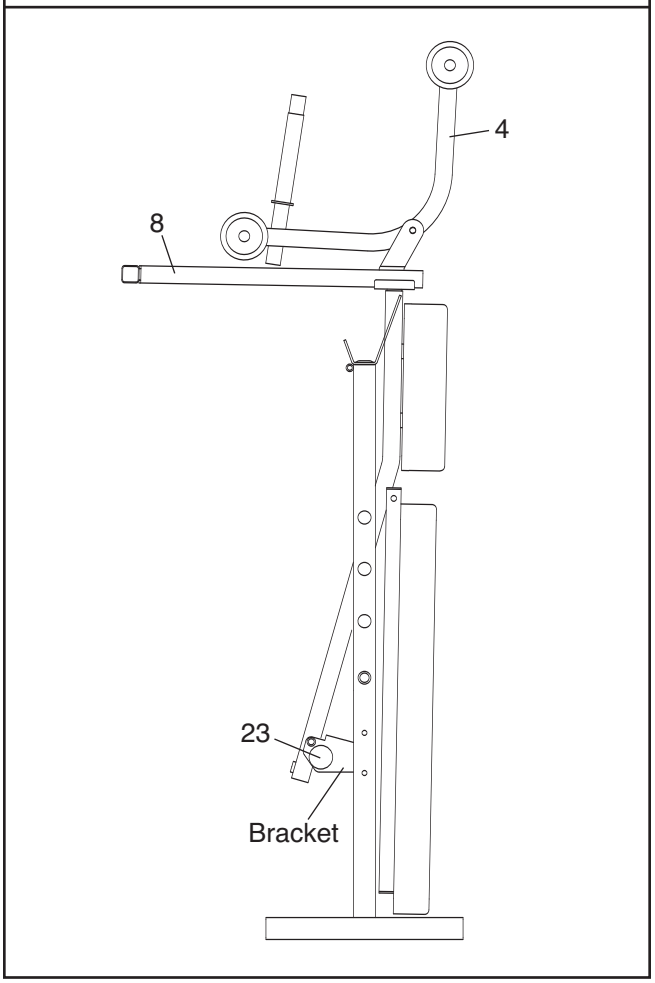
To use the Right and Left Fly Arms (40, 41), slide the desired weights onto the weight tubes on the Fly Arms. If the weights have large center holes, slide Weight Adapters (not shown) onto the weight tubes. Always secure weights with Weight Clips (not shown).

⚠ WARNING: Do not place more than 50 lbs. (23 kg) on each Fly Arm (40, 41).

STORING THE WEIGHT BENCH

Before storing the weight bench, remove any weights from the Leg Lever (4). To store the weight bench, first remove the Adjustment Knob (23) from the indicated bracket. Next, lift the Front Leg (8) as far as it will go. Then, tighten the Adjustment Knob into the bracket. The Adjustment Knob will prevent the weight bench from unfolding. **Note: For clarity, the left and right fly arms are not shown.**





EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss
To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALISING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on page 13 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

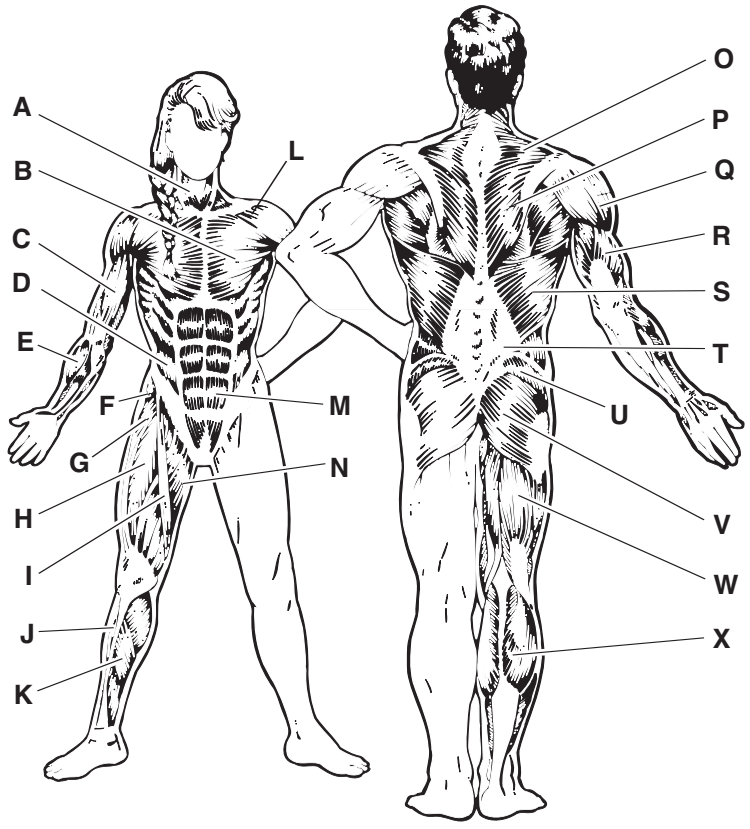
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Anterior Deltoid (shoulder)
M. Rectus Abdominus (stomach)
N. Adductor (inner thigh)
O. Trapezius (upper back)
P. Rhomboideus (upper back)
Q. Posterior Deltoid (shoulder)
R. Triceps (back of arm)
S. Latissimus Dorsi (mid back)
T. Spinae Erectors (lower back)
U. Gluteus Medius (hip)
V. Gluteus Maximus (buttocks)
W. Hamstring (back of leg)
X. Gastrocnemius (back of calf)

PART LIST—Model No. WEEVBE0926.0

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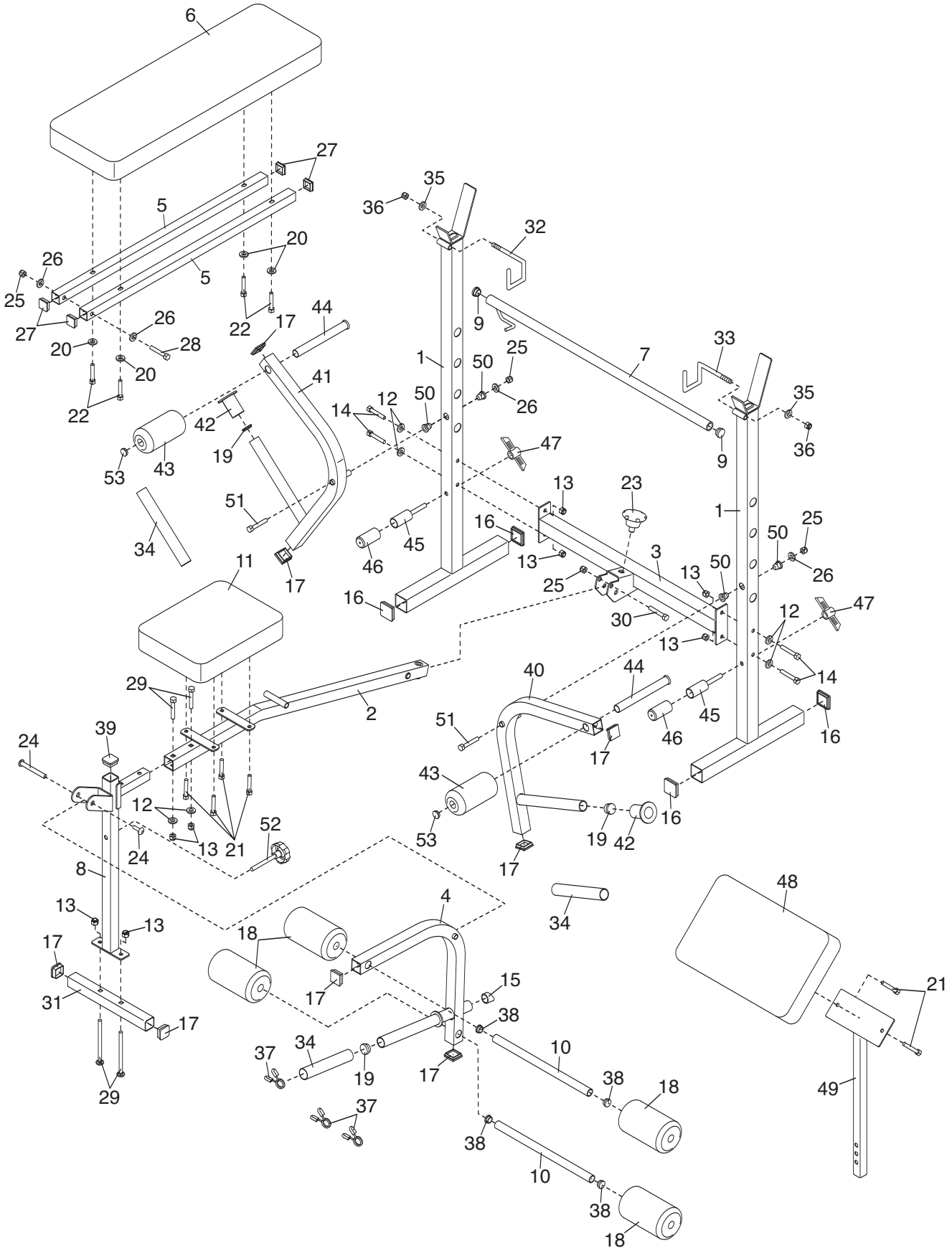
Key No.	Qty.	Description
1	2	Upright
2	1	Frame
3	1	Crossbar
4	1	Leg Lever
5	2	Backrest Tube
6	1	Backrest
7	1	Support Rod
8	1	Front Leg
9	2	22mm Round Inner Cap
10	2	Long Pad Tube
11	1	Seat
12	6	M8 Washer
13	8	M8 Nylon Locknut
14	4	M8 x 53mm Bolt
15	1	25mm Round Angled Cap
16	4	38mm Square Inner Cap
17	8	30mm Square Inner Cap
18	4	Large Foam Pad
19	3	25mm Round Inner Cap
20	4	M6 Washer
21	6	M6 x 16mm Screw
22	4	M6 x 38mm Screw
23	1	Adjustment Knob
24	1	M10 x 52mm Bolt Set
25	4	M10 Nylon Locknut
26	4	M10 Washer
27	4	25mm Square Inner Cap
28	1	M10 x 137mm Bolt
29	4	M8 x 43mm Carriage Bolt
30	1	M10 x 55mm Bolt
31	1	Stabilizer
32	1	Right Barbell Hook
33	1	Left Barbell Hook
34	3	Weight Adapter
35	2	M8 Zinc Washer
36	2	M8 Zinc Nylon Locknut
37	3	Weight Clip
38	4	19mm Round Inner Cap
39	1	30mm x 2mm Square Inner Cap
40	1	Left Fly Arm
41	1	Right Fly Arm
42	2	Spacer
43	2	Small Foam Pad
44	2	Short Pad Tube
45	2	Bumper
46	2	Bumper Cover
47	2	Wing Knob
48	1	Curl Pad
49	1	Curl Post
50	4	Bushing
51	2	M10 x 125mm Bolt
52	1	Curl Knob
53	2	19mm x 1mm Round Inner Cap
#	–	User's Manual
#	–	Exercise Guide
#	–	Grease Packet
#	–	Hex Key

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WEEVBE0926.0

R0906A



ORDERING REPLACEMENT PARTS

If you encounter any problems with this product, or if you need to order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to provide the following information:

- the MODEL NUMBER of the product (WEEVBE0926.0)
- the NAME of the product (WEIDER 235 weight bench)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 14 and 15)

Part No. 242019 R0906A
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